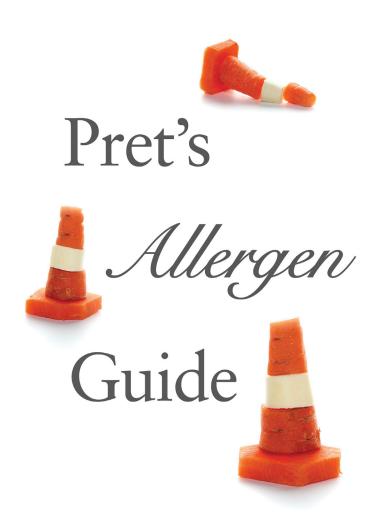
We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.



We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

Inside you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box. Where a product contains 'Cereals Containing Gluten', you'll find specific ingredients listed (e.g., wheat, rye, oats). If you have any trouble finding what you're looking for, just ask the Manager—they'll be more than happy to help.

Glease remember to check our guide regularly as recipes do change from time to time – the last thing we want is for anyone being caught out by a new take on an old favourite.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do *visit our website* at www.pret.hk or contact our Customer Service Team on 2520 0445.



In this guide, we are able to advise you on the presence of the following allergens in our food:

Peanuts, Tree Nuts, Crustaceans (like crayfish and crab), Milk, Eggs, Cereals Containing Gluten (these are wheat, rye and barley), Fish, Soyabeans, Sulphite in a concentration of 10 parts per million or more.

This Allergen Guide only covers food and drink sold in our HK shops.

由於製作美食的過程中會使用多種材料,因此我們不能保證所有產品完全不含任何致敏原。我們的純素產品是以純素食譜製作而成,但並不適合對奶類及蛋類過敏的人士。

若本致敏原指南提供了我們所有於門店內有售的產品,清單的頂部清楚列出致敏原成分,若該產品包含任何一種 致敏原成分,相應的框格內會畫上勾號標示。若該產品含有'麩質的穀類',相關成分(例如:小麥、黑麥及燕麥)亦 會詳細地列明。如果你無法找到所需要的資訊,歡迎向門店經理查詢,他們將非常樂意地為你提供協助。

請注意,由於我們的菜單會不定期更新,為確保你的安全,請務必經常查閱本指南,以確保獲得最準確的資訊。

此我們明白所提供的資訊可能無法完全解答到你的疑問,如果你需要了解更多,請瀏覽我們的網站www.pret.hk或致電2520 0445與我們的客戶服務團隊查詢。



本指南詳細列明了以下存在於我們產品中的致敏物成分:

花生、木本堅果、甲殼類動物(如小龍蝦和螃蟹)、奶類、蛋類、含有麩質的穀類(即小麥,黑麥和大麥)、魚類、大豆和濃度達到或超過百萬分之十的亞硫酸鹽或亞硫酸鹽組成。





Contents

- 1. Allergen Guide (2022 Christmas Launch Products)
- 2. Allergen Guide (OOS Products)
- 3. Hot Food Key Ingredients
- **4. Soup Key Ingredients**

Baguettes 長麵包	Suital	able for Christmas Launch 2022 - November 2022 (
	衛	ЖШ			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian 素包	Vegan 純素者	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Chicken Pesto & Red Pepper Hot Baguette 羅勒醬雞肉紅甜椒即烘法式長麵包				√		√		WHEAT		V	
Chirstmas Turkey Feast Baguette 聖誕火雞法式長麵包							√	WHEAT		\checkmark	
Jambon Beurre Baguette 法式火腿牛油長麵包						√		WHEAT			
Posh Cheddar & Roasted Tomatoes Baguette 英國車打芝士烤蕃茄法式長麵包	√					√	√	WHEAT		\checkmark	
Roasted Portobello Mushroom & Cheese Hot Baguette 烤波特菇芝士即烘法式長麵包	√					√	√	WHEAT			
Breakfast 早餐之選											
Chicken & Corn Congee 雞肉粟米糙米粥						\checkmark				$\sqrt{}$	
Chicken Tomato & Scrambledd Egg Hot Croissant 烤雞肉蕃茄炒蛋烘牛角酥						√	√	WHEAT			
Crispy Bacon & Egg Whole Wheat Brioche 脆煙肉雞蛋全麥法式軟包						\checkmark	√	WHEAT		$\sqrt{}$	
Egg & Avocado Breakfast Baguette 雞蛋牛油果早餐長法包	√						√	WHEAT			
Egg & Roasted Tomatoes Breakfast Baguette 雞蛋沙律烤蕃茄早餐長法包	$\sqrt{}$						√	WHEAT			
Egg & Tomatoes Whole Wheat Brioche 雞蛋沙律蕃茄全麥法式軟包	√					√	√	WHEAT		√	
Ham & Cheese Breakfast Baguette 火腿芝士早餐長法包						\checkmark	√	WHEAT		\checkmark	
Ham & Cheese Croissant 火腿芝士牛角酥						√	√	WHEAT			
Ham & Greve Croissant 火腿瑞典芝士牛角酥						\checkmark	√	WHEAT			
Ham & Greve Whole Wheat Brioche 火腿瑞典芝士全麥法式軟包						√	√	WHEAT		√	
Ham, Egg & Cheese Roll 火腿雞蛋芝士堡						\checkmark	√	WHEAT		\checkmark	
Honey Toppings 蜜糖	√										
Mozzarella & Tomato Croissant 意大利芝士蕃茄牛角酥	√					\checkmark	√	WHEAT			
Portobello & Scrambledd Egg Hot Croissant 烤波特菇炒蛋烘牛角酥	$\sqrt{}$					√	√	WHEAT			
Scottish Roasted Salmon Brunch Roll 蘇格蘭烤三文魚雞蛋芝士堡						\checkmark	√	WHEAT	V	$\sqrt{}$	
Scottish Smoked Salmon Whole Wheat Brioche 蘇格蘭煙三文魚全麥法式軟包						√	√	WHEAT	V	V	
Skipjack Tuna & Cucumber Whole Wheat Brioche 正鰹吞拿魚沙律全麥法式軟包						\checkmark	V	WHEAT	V	V	
Soy Porridge 豆奶燕麥片	V	√						OAT		√	

^{*}Gluten Free Oats

Coffee Products 咖啡產品	Suita	ble for						(Christmas Laun	ch 2022 - Nove	ember 2022 (V1)
	素食者	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan ⊯	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
CPG - Pret's Organic Espresso Beans (450g) Pret's有機咖啡豆(450克)	√	√									
Pret Coffee Capsules (Classic Blend) Pret咖啡膠囊 (經典咖啡)	\checkmark	\checkmark									
Pret Coffee Capsules (Espresso Blend) Pret咖啡膠囊 (特濃咖啡)	√	√									
Pret's Organic Classic Blend Ground Coffee (200g) Pret's 有機經典研磨咖啡(200克)	\checkmark	\checkmark									
Pret's Organic Single Origin Peruvian Ground Coffee (200g) Pret's有機秘魯研磨咖啡(200克)	√	√									
Cold Drinks 冷飲	Suita	ble for								•	
	素包含	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan 🔅	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Apple & Ginger Juice 蘋果薑汁	√	√									
Cloudy Apple Juice 鮮蘋果汁	√	√									
Flu Fighter 流感戰士	√	√									
Grapefruit Juice 西柚汁	√	√									
Lychee & Mandarin 鮮荔枝柑桔汁	\checkmark	√									
Orange Juice 鮮橙汁	√	√									
Pret Cold Brew Coffee Latte Pret冷萃牛奶咖啡	\checkmark					\checkmark					
Pret Cold Brew Coffee Mocha Pret冷萃朱古力咖啡	√					√					
Pure Coconut Water 清涼純椰青水	\checkmark	\checkmark									
Pure Pret Sparkling - Apple 天然果味梳打 - 蘋果	√	√									
Pure Pret Sparkling - Cucumber & Mint 天然果味梳打 - 青瓜薄荷	\checkmark	√									
Pure Pret Sparkling - Ginger Beer 天然果味梳打 - 薑味	√	√									
Pure Pret Sparkling - Ginger Kombucha 天然果味特飲	√	√									
Pure Pret Sparkling - Grape & Elderflower 天然果味梳打 - 葡萄桂花	√	√									
Pure Pret Sparkling - Lime & Raspberry 天然果味梳打 - 青檸紅桑子	$\sqrt{}$	√									
Sparkling Mineral Water 500ml 500毫升有氣純礦泉水	√	√									
Still Water 500ml 500毫升純礦泉水	$\sqrt{}$	√									
Still Water 750ml 750毫升純礦泉水	√	√	_								

Fruits 鮮果	Suita	ble for						C	Christmas Laur	nch 2022 - Nover	mber 2022 (V1)
	松色	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan ﷺ	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Apple, Fig, Kiwi & Blueberry Pot 蘋果無花果奇異果藍莓杯	√	√									
Banana 香蕉	√	√									
Citrus Fruit Salad 香橙西柚沙律	√	√									
Classic Fruit Salad 鮮果沙律	√	\checkmark									
Three Melon Pot 三色鮮果杯	√	√									
Pret's Hot 烤焗熱食		•	•								
Beef and Onion Hot Croissant 英式烤牛肉洋蔥即烘牛角酥						√	V	WHEAT			
Chicken Mushroom Hot Wrap 雞肉蘑菇熱烤卷						√	√	WHEAT, RYE		$\sqrt{}$	
Chicken Tikka Masala Hot Rice Bowl 印式咖喱雞飯						√				V	
Christmas Turkey Hot Wrap 聖誕火雞熱烤卷						√	√	WHEAT, RYE			
Ham & British Cheddar Hot Sandwich 英國車打芝士火腿即烘香脆三文治						√	$\sqrt{}$	WHEAT, RYE, OATS, BARLEY			
Pigs in Blankets Roll 煙肉腸卷蜜糖芥末堡						√	√	WHEAT		\checkmark	
Macaroni Cheese Kale & Cauli 焗芝士甘藍菜椰菜花通粉	$\sqrt{}$					√	\checkmark	WHEAT			
Macaroni Cheese Lasagna 焗芝士千層肉醬通粉						√	√	WHEAT		$\sqrt{}$	
Macaroni Cheese Pigs in Blankets 焗芝士煙肉腸卷通粉						√	√	WHEAT			
Meatless Meatball Hot Wrap 墨西哥煙辣椒醬素肉丸熱烤卷	√	√						WHEAT, RYE		$\sqrt{}$	
Peking Duck Hot Wrap 京式烤鴨熱烤卷							\checkmark	WHEAT, RYE, OATS, BARLEY		√	
Penne Pasta Chicken Mushroom 焗芝士雞肉蘑菇椰菜花長通粉						√	√	WHEAT		$\sqrt{}$	
Penne Pasta Meatless Meatball 辣蕃茄醬素肉丸長通粉	√					√	√	WHEAT		√	
Roasted Salmon & Egg Hot Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥						√	√	WHEAT	√		
Super Club Hot Sandwich 特級公司即烘香脆三文治						√	√	WHEAT, RYE, OATS		√	
Thai Green Vegetable Curry Hot Rice Bowl 泰式青咖喱雜菜飯	√	√						WHEAT		V	

Pret Bowls and Pots 甜品	Suital	ble for						C	Christmas Laur	nch 2022 - Nove	mber 2022 (V1)
	極極	純素者			Co	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan 純	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Almond Butter & Honey Yoghurt Pot 杞子乾果蜜糖杏仁醬乳酪	√			√		V					
Banana & Honey Granola Yoghurt Bowl 香蕉蜜糖香脆麥片乳酪	\checkmark					V		*GF OAT			
Blue Goodness Bowl 藍藻香脆麥片乳酪	$\sqrt{}$					V		*GF OAT			
Blueberry & Apple Granola Bowl 藍莓蘋果香脆麥片乳酪	√					$\sqrt{}$		*GF OAT			
Coconut Chia 椰子米奶奇亞籽	$\sqrt{}$	√		√							
Cranberry Granola Yoghurt Bowl 紅莓香脆麥片乳酪	√					$\sqrt{}$		*GF OAT			
Five Berries Granola Yoghurt Bowl 五果鮮莓香脆麥片乳酪	√					V		*GF OAT			
Five Berries Pot 五果鮮莓乳酪	√					$\sqrt{}$					
Fresh Fruit Granola Yoghurt Bowl 鮮果香脆麥片乳酪	√					V		*GF OAT			
Honey & Granola Pot 蜜糖香脆麥片乳酪	\checkmark					V		*GF OAT			
Overnight Oats 特製乾果營養蒸麥	√	√		1				*GF OAT, BARLEY		√	
Pret Snacks 薯片及小食											
Cranberries in Coats 乳酪紅莓乾	\checkmark					$\sqrt{}$					
Pipers - Cheddar & Onion	√					V					
Pipers - Cider Vinegar & Seasalt	√					V					
Pipers - Seasalt	√	√									
Pret A Mango 天然芒果乾	√	√									
Pret Dark Choco Almonds 黑朱古力杏仁	√	√		V						√	
Roasted Crunchy Corn 烤粟米脆粒粒	√	√									
Sahale - Classic Fruit & Nut Trail Mix 經典混合果仁	√	√		V							
Sahale - Honey Almonds Glazed Mix 蜜糖杏仁	√			V							
Sahale - Maple Pecans Glazed Mix 楓糖合桃	√	√		V							
Sahale - Pomegranate Flavoured Pistachios Glazed Mix 石榴開心果	\checkmark	\checkmark		V							

Platters 拼盤	Suita	ble for						(Christmas Laur	ıch 2022 - Nove	ember 2022 (V1)
	素合	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan 純	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Club Salad Platter 公司沙律							V				
Cookie Platter - Large 曲奇餅(大)拼盤	√			√		√	V	WHEAT		\checkmark	
Cookie Platter - Small 曲奇餅(小)拼盤	√			√		√	V	WHEAT		√	
French Baguette Selection 法式長麵包拼盤						√	V	WHEAT		\checkmark	
French Pastry Selection 精選法式酥點拼盤	√			√		√	V	WHEAT		√	
Luxury Large Cookie Platter 至尊曲奇餅(大)拼盤	√			√		√		WHEAT, OAT, SPELT			
Luxury Small Cookie Platter 至尊曲奇餅(小)拼盤	√			V		√		WHEAT, OAT, SPELT			
Pret's Protein Box Salad Platter 雞肉雞蛋營養沙律				V			V				
Pret's Snack Bar Platter 特色小麥棒拼盤	√			√		√		WHEAT		\checkmark	
Roasted Portobello Vegan Salad Platter 烤波特菇甜薯純素沙律	√	√						WHEAT		\checkmark	
Scottish Smoked Salmon Protein Box Slald Platter 蘇格蘭煙三文魚雞蛋營養沙律							√		$\sqrt{}$		
The Best of Seasonal Selection 精選季節三文治拼盤				√		V	V	WHEAT, BARLEY			
The Classic Selection 經典三文治拼盤							V	WHEAT, BARLEY		\checkmark	
Vegeterian Platter 素食三文治拼盤	√			V		√	√	WHEAT, BARLEY		√	
Whole Wheat Brioche Selection 全麥法式軟包拼盤						√	√	WHEAT	√	√	

Salads 沙律	Suital	ble for						(Christmas Laur	nch 2022 - Nove	mber 2022 (V1)
	表 (四) (五)	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan 純	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Chicken Cobb Salad 雞肉科布沙律						√	√				
Club Salad 公司沙律							√				
Crayfish, Salmon & Pineapple Salad 小龍蝦三文魚菠蘿沙律					√				V	√	
Egg & Spinach Protein Pot 雞蛋菠菜營養杯	√						V				
Roasted Eggplant Salad Bowl 烤茄子三色糙米沙律	√	√						WHEAT		√	
Roasted Portobello Mushroom & Sweet Potato Vegan Box 烤波特菇甜薯純素沙律	√	√								√	
Scottish Roasted Salmon Protein Pot 蘇格蘭烤三文魚營養杯							V		$\sqrt{}$	√	
Scottish Roasted Salmon Soba Noodle Salad Bowl 蘇格蘭烤三文魚蕎麥麵沙律								WHEAT	$\sqrt{}$	√	
Scottish Smoked Salmon Protein Box 蘇格蘭煙三文魚雞蛋營養沙律							V		$\sqrt{}$		
Soy & Ginger Chicken Soba Noodle Bowl 生薑醬油雞肉蕎麥麵沙律								WHEAT		√	
Salad Dressing 沙律汁											
Ancho Chilli Dressing 墨西哥香辣沙律汁	\checkmark	√									
Miso & Sesame Dressing 味噌芝麻汁	√	√						WHEAT		√	
Soy & Ginger Dressing 日式蓋昧豉油沙律汁	√	√						WHEAT		√	
Poke Dressing 比卡沙律汁	√	√						WHEAT		√	
Red Tapenade Dressing 紅椒醬		√						WHEAT			

Sandwiches 三文治	Suita	ble for						(Christmas Laur	nch 2022 - Nove	mber 2022 (V1)
	素色素	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan 純	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Brie & Cranberry 法國芝士紅莓醬三文治	√			V		V		WHEAT, BARLEY			
British Cheddar & Pret Pickle 英國車打芝士酸果醬三文治	√					\checkmark	\checkmark	WHEAT, BARLEY		√	
Chicken Avocado 雞肉牛油果三文治							√	WHEAT, BARLEY		√	
Classic Super Club 特級公司三文治							V	WHEAT, BARLEY		√	
Crayfish & Rocket 小龍蝦火箭菜三文治					V		√	WHEAT, BARLEY		√	
Egg Mayo & Rocket 火箭菜雞蛋沙律三文治	√					V	√	WHEAT, BARLEY			
Egg Mayo & Tomatoes 蕃茄雞蛋沙律三文治	√						√	WHEAT, BARLEY			
Kids British Cheddar & Butter Sandwich 英國車打芝士三文治	√					\checkmark		WHEAT, BARLEY			
Kids Ham Sandwich 火腿三文治						\checkmark		WHEAT, BARLEY			
Mediterranean Tuna 地中海風味吞拿魚沙律三文治							√	WHEAT, BARLEY	V	√	
Pret's Christmas Lunch 聖誕精選火雞午餐三文治							\checkmark	WHEAT, BARLEY		√	
Pret's Famous BLT 脆味煙生蕃三文治							\checkmark	WHEAT, BARLEY		√	
Scoittish Smoked Salmon 蘇格蘭煙三文魚三文治						√		WHEAT, BARLEY	V		
Skipjack Tuna & Cucumber 正鰹吞拿魚沙律三文治							\checkmark	WHEAT, BARLEY	V	V	

Soups 窩心濃湯	Suita	ble for						(Christmas Laun	ch 2022 - Nove	mber 2022 (V1)
	極地	纯素者			C	ontains the	ese allerge	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan 純	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Chilli Beef 蕃茄牛肉辣豆湯											
Classic Pumpkin 鮮南瓜湯	\checkmark					\checkmark					
Curried Lentil & Root Vegetables 咖喱扁豆蔬菜湯	V					√				√	
Field Forest Mushroom 原野雜菌湯	V					√		WHEAT		√	
Japanese Style Sweetcorn 日式粟米濃湯	√	√								√	
Japanese Tonjiru Soup 日式豚汁豬肉味噌湯									√	√	
Korean Style Beef Soup 韓式牛肉湯								WHEAT	V	√	
Minestrone 意大利蔬菜濃湯	$\sqrt{}$	√						WHEAT			
Soup Baguette 伴湯長麵包	√							WHEAT			
Soup Bloomer 伴湯麵包	√					√		WHEAT			

Sweet Treats 麵包糕點	Suita	itable for Christmas Launch 2022 - Novem								mber 2022 (V1)	
	素食者	純素者			Co	ontains the	ese allerg	ens 含有下列致敏物	d d		
Product	Vegetarian	Vegan ∰	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Almond Croissant 杏仁牛角酥	√			√		V	√	WHEAT			
Blueberry Muffin 藍莓鬆餅	√					V	√	WHEAT			
Chocolate Croissant 朱古力牛角酥	√					V	√	WHEAT		V	
Chocolate Muffin 朱古力鬆餅	√					V	√	WHEAT		√	
Chocolate Orange Cookie 香橙朱古力曲奇餅	√						√	WHEAT		√	
Chunky Chocolate Cookie 朱古力曲奇餅	√						√	WHEAT		√	
French Butter Croissant 法國原味牛角酥	√					V	√	WHEAT			
Godfrey Gingergread Godfrey聖誕薑餅曲奇	√					V	√	WHEAT		√	
King of Cookies 包装曲奇	√						√	WHEAT,OAT		√	
Nutty Salted Caramel Brownie Bites 鹽味焦糖果仁布朗尼	√			√		V	√	WHEAT		√	
Oatmeal & Raisin Cookie 燕麥提子乾	√						√	WHEAT,OAT		V	
Pain Au Raisin 法式提子千層麵包	√					V	√	WHEAT			
Pret's Mince Pie 聖誕乾果批	√			√		V	√	WHEAT			
Pret's Snack Bar - Brownie Bar 特色小麥棒-朱古力布朗尼	√					V	√	WHEAT		√	
Pret's Snack Bar - Choc Bar 特色小麥棒-朱古力	√					V		WHEAT		V	
Pret's Snack Bar - Love Bar 特色小麥棒-焦糖堅果	√			√		V		OAT		√	
Pret's Snack Bar - Pret Bar 特色小麥棒-乾果	√					V		WHEAT,OAT			
Pret's Snack Bar - Tiffin Bar 香橙朱古力乾果棒	\checkmark			√		V		WHEAT		√	
Tart - Original 葡撻 (原味)	√					V	√	WHEAT		V	
UK Luxury Cookies - Dark Chocolate & Almond 至尊黑朱古力杏仁曲奇餅	√			√				WHEAT			
UK Luxury Cookies - Fruit & Oat 至尊乾果燕麥曲奇餅	√					V		WHEAT, OAT, SPELT			
UK Luxury Cookies - Chocolate Chunk 至尊朱古力曲奇餅	$\sqrt{}$					$\sqrt{}$		WHEAT			
Vegan Chocolate Fudge Cake 純素朱古力軟蛋糕	√	√		√				WHEAT			
Very Berry Croissant 雜莓牛角酥	√	√						WHEAT			
Wraps 薄餅卷											
Avocado & Roasted Pine Nuts 牛油果烤松子仁	V			V			√	WHEAT, RYE		V	
Korean Chicken Wrap 韓式辣醬雞肉							√	WHEAT, RYE		V	
Peking Duck 京式烤鴨							√	WHEAT, RYE		√	

Barista Prepared Drinks	Suita	Suitable for Christmas Launch 2022 - No							nch 2022 - Nove	mber 2022 (V1)	
	茶 倒 拖	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan ##	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Coffee											
Americano Black 美式黑咖啡	√	$\sqrt{}$									
Americano White Milk 美式白咖啡(牛奶)	√					V					
Americano White Oat (燕麥奶)	√	\checkmark						OAT			
Americano White Rice Coconut 美式白咖啡(椰子米奶)	√	\checkmark									
Americano White Soya 美式白咖啡(荳奶)	√	√								V	
Cappuccino Milk 泡沫咖啡(牛奶)	√					$\sqrt{}$					
Cappuccino Oat 泡沫咖啡(燕麥奶)	√	√						OAT			
Cappuccino Rice Coconut 泡沫咖啡(椰子米奶)	√	\checkmark									
Cappuccino Soya 泡沫咖啡(荳奶)	√	$\sqrt{}$								V	
Decaf Latte Milk 無咖啡因牛奶咖啡	√					V					
Decaf Latte Oat 無咖啡因燕麥奶咖啡	√	√						OAT			
Decaf Latte Rice Coconut 無咖啡因椰子米奶咖啡	√	V									
Decaf Latte Soya 無咖啡因荳奶咖啡	√	√								V	
Decaf Love Bar Latte Milk 無咖啡因Love Bar牛奶咖啡(牛奶)	√					V					
Decaf Love Bar Latte Oat 無咖啡因Love Bar牛奶咖啡(燕麥奶)	√					V		OAT			
Decaf Love Bar Latte Rice Coconut 無咖啡因Love Bar牛奶咖啡(椰子米奶)	√					V					
Decaf Love Bar Latte Soya 無咖啡因Love Bar牛奶咖啡(荳奶)	√					V				V	
Espresso 特濃咖啡	√	V									
Filter - Black Coffee 蒸餾黑咖啡	√	V									
Filter - White Coffee Milk 蒸餾白咖啡(牛奶)	√					V					
Filter - White Coffee Oat 蒸餾白咖啡(燕麥奶)	√	√						OAT			
Filter - White Coffee Rice Coconut 蒸餾白咖啡(椰子米奶)	$\sqrt{}$	√									
Filter - White Coffee Soya 蒸餾白咖啡(荳奶)	√	√								√	
Flat White Milk 奶香咖啡	$\sqrt{}$					V					
Flat White Oat 奶香咖啡(燕麥奶)	√	V						OAT			
Flat White Rice Coconut 奶香咖啡 (椰子米奶)	$\sqrt{}$	$\sqrt{}$									
Flat White Soya 奶香咖啡(荳奶)	√	√								V	
Love Bar Latte Milk Love Bar牛奶咖啡(牛奶)	$\sqrt{}$					V					
Love Bar Latte Oat Love Bar牛奶咖啡(燕麥奶)	V					V		OAT			
Love Bar Latte Rice Coconut Love Bar牛奶咖啡(椰子米奶)	V					V					
Love Bar Latte Soya Love Bar牛奶咖啡(荳奶)	V					V				V	

Barista Prepared Drinks	Suita	ble for	le for Christmas Launch 2022 - Novemb							mber 2022 (V1)	
	素色	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan 純	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Love Bar Chocolate Milk Love Bar朱古力(牛奶)	√					√					
Love Bar Chocolate Oat Love Bar朱古力(燕麥奶)	√					$\sqrt{}$		OAT			
Love Bar Chocolate Rice Coconut Love Bar朱古力(椰子米奶)	√					$\sqrt{}$					
Love Bar Chocolate Soya Love Bar朱古力(荳奶)	√					$\sqrt{}$				$\sqrt{}$	
Latte Milk 牛奶咖啡	√					\checkmark					
Latte Oat 燕麥奶咖啡	√	√						OAT			
Latte Rice Coconut 椰子米奶咖啡	√	\checkmark									
Latte Soya 荳奶咖啡	√	\checkmark								$\sqrt{}$	
Macchiato Milk 瑪奇朵咖啡(牛奶)	√					√					
Macchiato Oat 瑪奇朵咖啡 (燕麥奶)	√	\checkmark						OAT			
Macchiato Rice Coconut 瑪奇朵咖啡(椰子米奶)	√	\checkmark									
Macchiato Soya 瑪奇朵咖啡(荳奶)	√	\checkmark								$\sqrt{}$	
Mocha Milk 朱古力咖啡(牛奶)	√					√					
Mocha Oat 朱古力咖啡 (燕麥奶)	√	\checkmark						OAT			
Mocha Rice Coconut 朱古力咖啡(椰子米奶)	√	\checkmark									
Mocha Soya 朱古力咖啡(荳奶)	√	\checkmark								$\sqrt{}$	
Iced Drinks											
Iced Americano Black 凍美式黑咖啡	√	\checkmark									
Iced Americano White Milk 凍美式白咖啡(牛奶)	√					√					
Iced Americano White Oat 凍美式白咖啡(燕麥奶)	√	\checkmark						OAT			
Iced Americano White Rice Coconut 凍美式白咖啡(椰子米奶)	√	\checkmark									
Iced Americano White Soya 凍美式白咖啡(荳奶)	√	√								V	
Iced Cappuccino Milk 凍泡沫咖啡(牛奶)	√					V					
Iced Cappuccino Oat 凍泡沫咖啡(燕麥奶)	√	√						OAT			
Iced Cappuccino Rice Coconut 凍泡沫咖啡(椰子米奶)	√	V									
Iced Cappuccino Soya 凍泡沫咖啡(荳奶)	√	V								√	
Iced Caramel Latte Oat 凍焦糖蒸麥奶咖啡	√	√ V						OAT			
Iced Caramel Latte Rice Coconut 凍焦糖椰子米奶咖啡	√	V									
Iced Caramel Latte Soya 凍焦糖荳奶咖啡	√	V								V	
Iced Caramel Latte 凍焦糖牛奶咖啡	√					√					

Barista Prepared Drinks	Suita	ble for						C	Christmas Laur	nch 2022 - Nove	mber 2022 (V1)
	素	純素者			C	ontains the	ese allerg	ens 含有下列致敏特	勿		
Product	Vegetarian	Vegan 純	Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Iced Drinks											
Iced Chocolate Milk 凍朱古力(牛奶)	V					V					
Iced Chocolate Oat 凍朱古力(燕麥奶)	√	\checkmark						OAT			
Iced Chocolate Rice Coconut 凍朱古力(椰子米奶)	√	$\sqrt{}$									
Iced Chocolate Soya 凍朱古力(荳奶)	√	√								√	
Iced Decaf Love Bar Latte Coconut 凍無咖啡因Love Bar牛奶咖啡(椰子米奶)	√					V					
Iced Decaf Love Bar Latte Milk 凍無咖啡因Love Bar牛奶咖啡(牛奶)	√					V					
Iced Decaf Love Bar Latte Oat 凍無咖啡因Love Bar牛奶咖啡(燕麥奶)	√					V		OAT			
Iced Decaf Love Bar Latte Soya 凍無咖啡因Love Bar牛奶咖啡(荳奶)	√					V				√	
Iced Filter Coffee Black 凍蒸餾黑咖啡	√	√									
Iced Filter Coffee White Milk 凍蒸餾白咖啡(牛奶)	√					V					
Iced Filter Coffee White Oat 凍蒸鰡白咖啡(燕麥奶)	√	√						OAT			
Iced Filter Coffee White Rice Coconut 凍蒸鰡白咖啡(椰子米奶)	√	√									
Iced Filter Coffee White Soya 凍蒸餾白咖啡(荳奶)	√	√								√	
Iced Hazelnut Latte Milk 凍榛子牛奶咖啡	√			√		V					
Iced HazeInut Latte Oat 凍榛子燕麥奶咖啡	√	√		√				OAT			
Iced HazeInut Latte Rice Coconut 凍榛子椰子米奶咖啡	√	\checkmark		√							
Iced Hazelnut Latte Soya 凍榛子荳奶咖啡	√	√		√						√	
Iced Latte Milk 凍牛奶咖啡	√					V					
Iced Latte Oat 凍燕麥奶咖啡	√	√						OAT			
Iced Latte Rice Coconut 凍椰子米奶咖啡	$\sqrt{}$	$\sqrt{}$									
Iced Latte Soya 凍荳奶咖啡	√	√								√	
Iced Lemon Tea 凍檸檬茶	√	√									
Iced Love Bar Chocolate Milk 凍Love Bar朱古力(牛奶)	√					V					
Iced Love Bar Chocolate Oat 凍Love Bar朱古力(燕麥奶)	√					V		OAT			
Iced Love Bar Chocolate Rice Coconut 凍Love Bar朱古力(椰子米奶)	√					V					
Iced Love Bar Chocolate Soya 凍Love Bar朱古力(荳奶)	√ √					√ V				√	
Iced Love Bar Latte Coconut 凍Love Bar牛奶咖啡(椰子米奶)	√ ·					√ V					
Iced Love Bar Latte Milk 凍Love Bar牛奶咖啡(牛奶)	√ V					√ V					
Iced Love Bar Latte Oat 凍Love Bar牛奶咖啡(燕麥奶)	√ ·					√ V		OAT			
Iced Love Bar Latte Soya 凍Love Bar牛奶咖啡(荳奶)	· √					√				√	
Iced Mocha Milk 凍朱古力咖啡(牛奶)	√ V					√ √					
Iced Mocha Oat 凍朱古力咖啡(燕麥奶)	· √	V				,		OAT			
Iced Mocha Rice Coconut 凍朱古力咖啡(椰子米奶)	√	1						0711			
Iced Mocha Soya 凍朱古力咖啡(荳奶)	\ \ \ \ \	1								V	

Barista Prepared Drinks	Suita	ble for	Christmas Launch 2022 - November 202						mber 2022 (V1)			
	素食者	Vegan 純素者	Contains these allergens 含有下列致敏物									
Product	Vegetarian		Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽	
Flavoured Latte / Tea												
Caramel Latte Milk 焦糖牛奶咖啡	$\sqrt{}$					√						
Caramel Latte Oat 焦糖荳奶咖啡(蒸麥奶)	√	√						OAT				
Caramel Latte Rice Coconut 焦糖椰子米奶咖啡	$\sqrt{}$	√										
Caramel Latte Soya 焦糖荳奶咖啡	\checkmark	√								√		
Hazelnut Latte Milk 榛子牛奶咖啡	$\sqrt{}$			√		√						
Hazelnut Latte Oat 榛子燕麥奶咖啡	\checkmark	√		√				OAT				
Hazelnut Latte Rice Coconut 榛子椰子米奶咖啡	√	√		√								
Hazelnut Latte Soya 榛子荳奶咖啡	√	√		√						V		
Iced Tea Latte Milk 凍鮮奶紅茶(牛奶)	√					√						
Iced Tea Latte Oat 凍鮮奶紅茶(燕麥奶)	\checkmark	√						OAT				
Iced Tea Latte Rice Coconut 凍鮮奶紅茶(椰子米奶)	$\sqrt{}$	√										
Iced Tea Latte Rose Milk 凍法國玫瑰花鮮奶紅茶(牛奶)	\checkmark					$\sqrt{}$						
Iced Tea Latte Rose Oat 凍法國玫瑰花鮮奶紅茶(燕麥奶)	$\sqrt{}$	√						OAT				
Iced Tea Latte Rose Rice Coconut 凍法國玫瑰花鮮奶紅茶(椰子米奶)	\checkmark	√										
Iced Tea Latte Rose Soya 凍法國玫瑰花鮮奶紅茶(荳奶)	\checkmark	√								√		
Iced Tea Latte Soya 凍鮮奶紅茶(荳奶)	\checkmark	√								V		
Matcha Latte Milk 抹茶牛奶	\checkmark					√						
Matcha Latte Oat 抹茶燕麥奶	\checkmark	\checkmark						OAT				
Matcha Latte Rice Coconut 抹茶椰子米奶	\checkmark	√										
Matcha Latte Soya 抹茶荳奶	\checkmark	\checkmark								V		
Tea Latte Rose Milk 法國玫瑰花鮮奶紅茶(牛奶)	\checkmark					√						
Tea Latte Rose Oat 法國玫瑰花鮮奶紅茶(燕麥奶)	√	√						OAT				
Tea Latte Rose Rice Coconut 法國玫瑰花鮮奶紅茶(椰子米奶)	√	√										
Tea Latte Rose Soya 法國玫瑰花鮮奶紅茶(荳奶)	V	√								V		
Hot Chocolate												
Hot Chocolate Milk 熱朱古力(牛奶)	$\sqrt{}$					$\sqrt{}$						
Hot Chocolate Oat 凍朱古力(燕麥奶)	$\sqrt{}$	√						OAT				
Hot Chocolate Rice Coconut 熱朱古力(椰子米奶)	√	√										
Hot Chocolate Soya 凍朱古力(荳奶)	\checkmark	√								V		

Barista Prepared Drinks	Suita	ble for	Christmas Launch 2022 - November 20						mber 2022 (V1)				
	表布	Vegan 純素者	Contains these allergens 含有下列致敏物										
Product	Vegetarian		Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽		
Milk Shot													
Babyccino 寶貝泡沫牛奶	V					$\sqrt{}$							
Oat Drink 燕麥奶	√	\checkmark						OAT					
Rice Coconut 椰子米奶	√	√											
Skimmed Milk 脫脂奶	√					√							
Soya 荳奶	V	√								V			
Whipped Cream	√					√							
Whole Milk 全脂牛奶	√					√							
Syrup					•								
Caramel Shot 焦糖糖漿	V	$\sqrt{}$											
Hazelnut Shot 榛子糖漿	√	√		√									
Rose Shot 玫瑰糖漿	√	√											
Add \$10 for Caramel drizzle and Whipped cream	\checkmark					√							
Tea													
Breakfast Tea Milk 英式紅茶(牛奶)	V					V							
Breakfast Tea Oat 英式紅茶(燕麥奶)	√	√						OAT					
Breakfast Tea Rice Coconut 英式紅茶(椰子米奶)	√	√											
Breakfast Tea Soya 英式紅茶(荳奶)	√	\checkmark								V			
Breakfast Tea 英式紅茶	√	√											
Earl Grey Tea Milk 伯爵茶(牛奶)	√					V							
Earl Grey Tea Oat 伯爵茶(燕麥奶)	√	√						OAT					
Earl Grey Tea Rice Coconut 伯爵茶(椰子米奶)	√	√											
Earl Grey Tea Soya 伯爵茶(荳奶)	√	√								V			
Earl Grey Tea 伯爵茶	√	√											
Green Tea 熱帶綠茶	√	√											
Lemon Tea 檸檬茶	√	√											
Peppermint Tea 薄荷茶	√	√											

OOS Products			ble for	Christmas Launch 2022 - November 2022 (V1								
Product			Vegan 純素者	Contains these allergens 含有下列致敏物								
				Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
	Chicken Cobb Salad (Sweet Potato) 雞肉科布沙律 (甜薯)						√	√				
Avocado	Roasted Portobello Mushroom & Sweet Potato Vegan Box (Quinoa Red Rice Mix) 烤波特菇甜薯純素沙律 (三色藜麥飯)	√	1								√	
	Salad Bowl - Roasted Eggplant (Sweet Potato) 烤茄子三色糙米沙律 (甜薯)	√	√						WHEAT		√	
	Avocado & Roasted Pine Nuts (Salad Mix) 牛油果烤松子仁 (什生菜)	√			√			√	WHEAT, RYE		√	
	Brie & Cranberry (Rocket) 法國芝士紅莓醬三文治 (火箭菜)	√			√		√		WHEAT, BARLEY			
	Egg & Rocket Protein Pot 雞蛋火箭菜營養杯	√						√				
	Hot Breakfast Croissant - Chicken Tomato & Scrambledd Egg (Rocket) (火箭菜)				√		√	√	WHEAT			
Baby Spinach	Hot Breakfast Croissant - Portobello & Scrambledd Egg (Rocket) (火箭菜)	√			√		√	√	WHEAT			
	Peking Duck (Salad Mix) 京式烤鴨 (什生菜)							√	WHEAT, RYE		√	
	Pret's Christmas Lunch 聖誕精選火雞午餐三文治							√	WHEAT, BARLEY		√	
	Roasted Portobello Mushroom & Cheese Hot Baguette (Rocket) 烤波特菇芝士即烘法式長麵包 (火箭菜)	√					√	√	WHEAT			
	Skipjack Tuna & Cucumber 正鰹吞拿魚沙律三文治							√	WHEAT, BARLEY	√	√	
Blueberry	Blue Goodness Bowl (Dried Blueberry) 藍藻香脆麥片乳酪 (藍莓乾)	√			√		√		*GF OAT		√	
	Chicken Tikka Masala Rice Pot (Broccoli) 印式咖喱雞飯 (西蘭花)											
Snow Pea	Scottish Smoked Salmon Protein Box (Broccoli) 蘇格蘭煙三文魚雞蛋營養沙律 (西蘭花)							√		√		
	Thai Green Vegetable Curry (Broccoli) (西蘭花)	√										
	Chicken Cobb Salad (Salad Mix) 雞肉科布沙律 (什生菜)						√	√				
	Club Salad - Small (Salad Mix) 公司沙律 (什生菜)							√				
	Crayfish & Avocado 小龍蝦牛油果三文治					√		√	WHEAT, BARLEY		√	
	Crayfish, Salmon & Pineapple Salad (Salad Mix) 小龍蝦三文魚菠蘿沙律 (什生菜)					√				√	√	
Name Oalad Miss	Posh Cheddar & Roasted Tomatoes (Salad Mix) 英國車打芝士烤蕃茄法式長麵包 (什生菜)	√					√	√	WHEAT		√	
New Salad Mix	Roasted Portobello Mushroom & Sweet Potato Vegan Box (Salad Mix) 烤波特菇甜薯純素沙律 (什生菜)	√	√								√	
	Salad Bowl - Roasted Eggplant (Salad Mix) 烤茄子三色糙米沙律 (什生菜)	√	V						WHEAT		√	
	Scottish Roasted Salmon Soba Noodle Salad Bowl (Salad Mix) 蘇格蘭烤三文魚蕎麥麵沙律 (什生菜)								WHEAT	√	√	
	Scottish Smoked Salmon Protein Box (Salad Mix) 蘇格蘭煙三文魚雞蛋營養沙律 (什生菜)							√		√		
	Soy & Ginger Chicken Soba Noodle Bowl (Salad Mix) 生薑醬油雞肉蕎麥麵沙律 (什生菜)								WHEAT		√	
Observation d.O.s.	Crayfish, Salmon & Pineapple Salad (Shredded Cabbage) 小龍蝦三文魚菠蘿沙律 (椰菜絲)					√				√	√	
Shredded Carrot	Soy & Ginger Chicken Soba Noodle Bowl (Shredded Cabbage) 生薑醬油雞肉蕎麥麵沙律 (椰菜絲)								WHEAT		√	

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.

Pret's Hot Food Rey Ingredients List



This ingredient list only covers hot food key ingredients sold in HK shops. Please refer to allergen guide for allergen information.

Hot Food Key Ingredients Christmas Launch 2022

Group / Product Name	Description	Key Ingredients List
Breakfast	1	,
Sweet Corn & Chicken Congee	Congee with Roasted Chicken, Sweet Corn, Milk, Ginger Puree and Seasoning	Water, Corn, White Onion, Brown Rice, Roasted Chicken, Milk, Ginger Puree, Rapeseed Oil, Sugar, Minced Garlic Seasoning, Jalapeno Pepper, Coriander, White Pepper
Soya Porridge	Soya Porridge with Toppings (Honey / Fruit & Seed Mix / Five Berries Compote)	Soy Milk, Water, Oats, Sugar
Bakery (NUT ALERT - WE CANNOT G	UARANTEE THAT ANY OF OUR PRODUCTS ARE COMPLETELY FREE	OF NUT TRACES BECAUSE WE USE NUTS IN THE KITCHEN)
Cookie – Chunky Chocolate	Freshly Baked Cookie	Flour, Semi-sweet Chocolate Chunks, Margarine, Sugar, Brown Sugar, Oats, Egg, Natural Vanilla Extract, Salt, Soy Lecithin
Cookie – Oatmeal & Raisin	Freshly Baked Cookie	Flour, Margarine, Sugar, Raisins, Brown Sugar, Oats, Egg, Natural Vanilla Extract, Salt, Soy Lecithin
Cookie – Orange Chocolate Chunk (Seasonal)	Freshly Baked Cookie	Flour, Semi-sweet Chocolate Chunks, Margarine, Sugar, Oats, Egg, Cocoa Powder, Orange Oil, Salt, Natural Vanilla Extract, Soy Lecithin
UK Luxury Cookie – Chocolate Chunk	Freshly Baked Cookie	Wheat Flour, Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Sunflower Lecithin), Flavouring), Butter, Glucose-Fructose Syrup, Water, Wheat Fibre, Milk Sugar, Black Treacle, Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Phosphates), Whey Powder, Salt, Rapeseed Oil, Flavouring
UK Luxury Cookie – Fruit & Oat	Freshly Baked Cookie	Brown Sugar, Butter, Spelt Flour, Fortified Wheat Flour, Oat Flakes, Raisins, Cranberry, Pumpkin Seed, Water, Honey, Linseed, Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Phosphates), Wheat Fibre, Orange Zest, Whey Powder, Sunflower Oil, Salt, Rapeseed Oil, Nutmeg
UK Luxury Cookie – Dark Chocolate & Almond	Freshly Baked Cookie	Wheat Flour, Brown Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Lecithin) Flavouring), Glucose-Fructose Syrup, Almond Butter (Almond, Sea Salt), Sugar, Coconut Oil, Almond, Invert Sugar, Cocoa Powder, Water, Wheat Fibre, Sea Salt, Raising Agent (Sodium Bicarbonate)
Croissant – Almond	Freshly Baked All Butter Croissant with Almond Filling, Topped with Roasted Almonds	Flour, Butter, Water, Yeast, Sugar, Salt, Baking Improver, Egg Filling, Almond Filling, Invert Sugar Syrup, Egg White (Topping – Almonds, Icing Sugar)
Croissant – Chocolate	Freshly Baked All Butter Croissant with Chocolate Filling	Flour, Butter, Filling (Sugar, Sunflower Oil, Palm Oil, Palm Fat), Chocolate (Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Soya Lecithin, Natural Vanilla Flavouring), Maize Starch), Water, Sugar, Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Soya Lecithin), Yeast, Gluten, Egg, Salt, Ascorbic Acid)
Croissant – French Butter (Plain)	Freshly Baked All Butter Croissant	Flour, Butter, Water, Sugar, Yeast, Gluten, Salt, Egg, Flour Treatment Agent, Ascorbic Acid, Enzyme
Croissant – Very Berry	Freshly Baked All Very Berry Croissant	Mixed Berry Filling (Sugar, Strawberry, Redcurrant, Blackcurrant, Raspberry, Blackberry, Concentrated Lemon Juice, Pectin, Flavouring, Wheat Flour, Shea Butter, Water, Sugar, Yeast, Wheat Gluten, Salt, Sunflower Oil, Potato Starch, Concentrated Lemon Juice, Ascorbic Acid
Danish – Pain au Raisin	Freshly Baked Croissant Dough wrapped around Crème Patisserie and Raisins with a light topping of Brown Sugar	Flour, Butter, Water, Sugar, Yeast, Milk Powder, Eggs, Salt, Gluten, Ascorbic Acid, Egg Wash, Pastry Cream (Water, Sugar, Corn Starch, Egg, Whole Milk Powder, Whey Powder, Egg White Powder, Dried Skimmed Milk, Colour (Turmeric Extract, Carrot Extract), Vanilla, Salt, Natural Flavouring), Raisins, Egg
Local Muffin – Blueberry	Baked Blueberry Muffin	Sugar, Wheat Flour, Eggs, Rapeseed Oil, Blueberries, Water, Modified Corn Starch, Whey Powder, Natural Blueberry Flavour, Emulsifiers, Raising Agents, Butter, Salt
Local Muffin – Chocolate	Baked Chocolate Muffin	Sugar, Eggs, Rapeseed Oil, Wheat Flour, Water, Piece of Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier: Soy Lecithin, Natural Vanilla Flavour), Chocolate Paste (Chocolate Powder (Sugar, Cocoa Powder) Vegetable Sunflower Fat, Fat-Reduced Cocoa Powder, Whey Powder, Cocoa Paste, Emulsifier: Soy Lecithin, Natural Vanilla Flower), Cocoa Powder, Modified Starch, Whey Powder, Emulsifiers, Raising Agents, Salt

Tart – Original	Freshly Baked Pastry Tart with Original Flavour	Filling: Milk, Sugar, Egg Yolk, Wheat Flour, Corn Starch Dough: Wheat Flour, Margarine (Vegetable Oils (Soya, Sunflower), Coconut Fat, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids, Sunflower Lecithin), Dextrose, Acid (Citric Acid), Color (Carotenes Natural Flavour)
Savoury – Ham & Cheese Croissant	Freshly Baked Croissant with Ham, Mozzarella, Emmental and Smoked Bacon	Flour, Margarine, Ham, Mozzarella Cheese, Emmental Cheese, Tomato, Tomato Paste, Cooked Smoked Lardons, Yeast, Sugar, Courgette, Carrot, Egg, Tomato Concentrate, Onion, Salt, Pepper, Poppy Seed, Garlic, Pink Peppercorns, Sunflower Oil
Savoury – Mozzarella & Tomato Croissant	Freshly Baked Croissant with Mozzarella, Emmental and Tomato	Flour, Mozzarella Cheese, Margarine, Emmental Cheese, Tomato Paste, Tomato, Palm Fat, Sunflower Oil, Yeast, Egg, Salt, Sugar, Carrot, Courgette, Tomato Concentrate, Onion, Flavouring, Herbs De Provence, White Pepper
Mince Pie	Mince pie with mixed fruit, peel with mixed spice	Butter Pastry (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter, Sugar, Free-Range Egg, Salt), Apple Puree, Raisins, Sultanas, Glucose-Fructose Syrup, Orange Peel, Lemon Peel, Palm Oil, Sunflower Oil, Rice Flour, Modified Maize Starch, Ground Mixed Spices, Cranberry, Diced Apple, Brandy, Icing Sugar, Acid (Citric Acid), Colour (Caramel), Orange Oil, Lemon Oil
Godfrey Gingerbread	Seasonal hand-crafted Cookies	Wheat Flour, Brown Sugar, Butter, Cane Sugar Syrup, Egg, Sugar, Cornstarch, Ginger Powder, Egg White, Cinnamon Powder, Dark Chocolate (Cocoa mass, Sugar, Cocoa Butter, Vanilla Flavouring)
Hot Sandwich (Toastie)		
Super Club	Chicken, Bacon, Cheddar Cheese, Tomato and Mayo on Our Multigrain Bloomer Bread	Multi-Grain Bloomer Bread, Tomato, Cheddar Cheese, Chicken, Mayo, Bacon
Ham & British Cheddar	Ham, Honey Mustard Mayo and Cheddar Cheese on Our Multigrain Bloomer Bread	Multi-Grain Bloomer Bread, Ham, Honey Mustard Mayo, Cheddar Cheese
Hot Roll – Pigs in Blanket	Pigs in Blanket, Pickle and Honey Mustard Mayo on our Pret Roll	Pret Roll, Pigs in Blanket (Pork Sausage, Smoked Streaky Bacon, Pork Collagen Casing), Pret Pickle, Honey Mustard Mayo
Hot Wrap		
Peking Duck	Duck meat mixed with Hoisin Sauce, Thick Mayo, Red Onion, Red Pepper, Baby Spinach and Crispy Onion in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Duck Meat with Hoisin Sauce, Thick Mayo, Red Onion, Baby Spinach, Red Pepper, Crispy Onion
Meatless Meatballs	Meatless Meatball, Sliced Red Pepper, Sliced Red Onion, Chipotle Sauce, Red Tapenade and Crispy Onion in Our Kibbled Rye Tortilla	Meatless Meatball, Kibbled Rye Tortilla, Sliced Red Pepper, Sliced Red Onion, Chipotle Sauce, Red Tapenade, Crispy Onion
Chicken Mushroom	Chicken, Sautéed Mushroom, Greve Cheese, Italian Cheese, Béchamel Sauce, Honey Mustard Mayo, Crispy Onion and Seasoning in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Chicken, Sautéed Mushroom, Greve Cheese, Italian Cheese, Béchamel Sauce, Honey Mustard Mayo, Crispy Onion, Seasoning
Turkey	Turkey, Sweet Potato Falafel, Cranberry Sauce, Stuffing, Greve Cheese, Seasoning in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Turkey, Sweet Potato Falafel, Cranberry Sauce, Stuffing, Greve Cheese, Seasoning
Hot Box		
Mac & Cheese – Kale	Pasta with Béchamel Sauce, Cauliflower, Kale, Cheddar Cheese, Italian Cheese, Breadcrumbs, Olive Oil and Seasoning	Pasta Ditalini, Cauliflower, Kale, Cheddar Cheese, Italian Cheese, Breadcrumbs, Seasoning Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper)
Mac & Cheese – Pigs in Blanket	Pasta with Béchamel Sauce, Cauliflower, Pigs in Blanket, Cheddar Cheese, Italian Cheese, Breadcrumbs, Olive Oil and Seasoning	Pasta Ditalini, Pigs in Blanket (Pork Sausage, Smoked Streaky Bacon, Pork Collagen Casing), Cauliflower, Cheddar Cheese, Italian Cheese, Breadcrumbs, Seasoning Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper)
Pasta Box – Meatless Meatball	Pasta with Spicy Tomato Sauce, Meatless Meatball, Cauliflower, Cherry Tomato and Italian Cheese	Pasta Penne, Meatless Meatball, Cauliflower, Cherry Tomato, Italian Cheese Spicy Tomato Sauce (Tomato, Tomato Paste, Rapeseed Oil, Garlic, White Wine Vinegar, Basil, Chilli, Black Pepper, Dried Red Pepper)

Hot Bowl

Hot Bowl – Chicken Tikka	Rice Mix with Chicken Tikka Sauce	Chicken Tikka Masala Sauce (Chicken, White Onion, Tomato Paste, Cream, Yoghurt, Rapeseed Oil, Minced Garlic, Ginger, Sugar, Salt, Honey, Garam Masala, Paprika Powder, Tandoori Paste, Cumin Seeds, Coriander, Chilli Powder, Curry Powder, Turmeric Powder), Rice Mix (Jasmine Rice, Brown Rice, Red Rice), Snow Pea, Sesame
Hot Bowl – Thai Green Vegetable Curry	Rice Mix with in Thai Green Vegetable Curry Sauce	Vege Green Curry (Coconut Milk, Baby Corn, Eggplant, White Onion, Red Bell Pepper, Lime Juice, Jalapeno Pepper, Lemongrass, Coriander, Brown Sugar, Rapeseed Oil, Ginger Puree, Spring Onion, Soy Sauce, Garlic Seasoning, Salt, Coriander Powder, Lime Leaf Puree, Cumin Powder, Dried Seaweed, Tumeric Powder, White Pepper Powder), Rice Mix (Jasmine Rice, Brown Rice, Red Rice), Chilli Flakes, Snow Pea
Hot Croissant		
Beef & Onion Croissant	Roasted Beef, Greve Cheese and Red Onion in Our Freshly Baked All Butter Croissant	Butter Croissant, Roasted Beef, Greve Cheese, Red Onion
Roasted Salmon & Egg Croissant	Roasted Salmon, Eggs and Greve Cheese in Our Freshly Baked All Butter Croissant	Butter Croissant, Roasted Salmon, Eggs, Greve Cheese
Chicken Tomato & Scrambled Egg Croissant	Scrambled Egg, Tomato, Chicken, Cheddar Cheese and Spinach in Our Freshly Baked All Butter Croissant	Butter Croissant, Scrambled Egg, Tomato, Chicken, Cheddar Cheese, Spinach, Seasoning
Portobello & Scrambled Egg Croissant	Scrambled Egg, Portobello Mushroom, Greve Cheese and Spinach with Bechamel Sauce in Our Freshly Baked All Butter Croissant	Butter Croissant, Scrambled Egg, Portobello Mushroom, Greve Cheese, Spinach, Seasoning Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper)
Hot Baguette		
Pesto Chicken	Chicken, Pesto Sauce, Sun-dried Tomato, Cheddar Cheese, Red Pepper and Dried Oregano in Our Freshly Baked Baguette	White Baguette, Chicken, Pesto Sauce, Sun-Dried Tomato, Cheddar Cheese, Red Pepper, Dried Oregano
Roasted Portobello Mushroom & Cheese	Portobello Mushroom, Cheddar Cheese, Tomato, Spinach and Mayo in Our Freshly Baked Baguette	White Baguette, Portobello Mushroom, Cheddar Cheese, Tomato, Spinach, Mayo

Soup Key Ingredients for 2022 Christmas Launch (14 Nov 2022 - 1 Jan 2023)

Soup			Ingredients	Per Serving		
Mon	Curried Lentil & Root Vegetable	Loriti	Water, Sweet Potato, Red Lentil Bean, White Onion, Green Lentil Bean, Carrot, White Turnip, Milk, Rapeseed Oil, Ginger Puree, Minced Garlic Seasoning, Salt, Lemon Fix, Sugar, Ground Cumin Seed, Garam Masala, Ground Coriander Powder, Curry Powder, Cayenne Pepper Powder, Black Pepper, Ground Cardamom Powder, Turmeric Powder	Energy 212kcal Fat 1.9g Carbs 27.7g		
Tue	* JAPANESE TONJIRU SOUP *	OUP PRET	White Turnip, Potato, Pork Belly, Shiro Miso, Carrot, Shimeji Mushroom, Peking Onion, Shitake Mushroom, Hon Mirin, Salt	Energy 158kcal Fat 9.7g Carbs 12.2g		
Wed	* KOREAN STYLE BEEF SOUP *		Mashed Tomato, White Turnip, Minced Beef, White Onion, Brown Rice, Spring Onion, Korean Hot Pepper Paste, Shiro Miso, Ginger, Sugar, White Rice Vinegar, Garlic, Rapeseed Oil, Soy Sauce, Sesame Oil, Salt	Energy 198kcal Fat 7.6g Carbs 21.6g		
Thurs	* FIELD FOREST MUSHROOM *	P Again	Cream, Shiitake Mushroom, Button Mushroom, Hsui Tseng Mushroom, Chicken Leg Mushroom, Milk, White Onion, Mushroom Base, Porcini Mushroom, Salt, Sugar, Flour, Vegetable Base	Energy 194kcal Fat 13.7g Carbs 12.2g		
Fri	Chili Beef	245	Water, Red Kidney Beans, Tomato Coulis, Beef, White Onion, Red Bell Pepper, Modified Starch, Chilli Powder, Dried Paprika, Salt, Dried Cayenne Pepper, Ground Cumin Seed	Energy 184kcal Fat 9.0g Carbs 14.0g		
	* CLASSIC PUMPKIN *	WP NA	Pumpkin, Cream, Sugar, Salt, Starch, Vegetable Base	Energy 59kcal Fat 2.9g Carbs 6.3g		
Fixed	* MINESTRONE *	SS ST S	Tomato Pulp, Tomato Coulis, Green Zucchini, Celery, Carrot, White Onion, White Turnip, Red Kidney Beans, Chickpeas, Tomato Paste, Sugar, Salt	Energy 108kcal Fat 1.8g Carbs 19.4g		
	JAPANESE STYLE SWEET CORN		Sweetcorn, Coconut Milk, Onion, Sweet Potato, Peking Onion, Rapeseed Oil, Vegetable Stock, Garlic, Salt, Sugar, Paprika Powder	Energy 282kcal Fat 18.1g Carbs 26.1g		